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THE DANIMAL
ASKS SHANNON
TO TAKE A
CHINESE CLIENT
TO MISTER
MCFUNBURY. MAYBE
IT'LL BREAK THE PERMATHURS? **PAGE 9**



'I'm not an alcoholic, I'm not a drug addict': Ford

T.O. mayor takes to airwaves again Monday to apologize for everything but ... **PAGE 5**

Egypt's ousted president resurfaces

Mohammed Morsi defiantly rejects court's authority, saying those who overthrew him should be on trial **PAGE 6**

Your tattoo? It's the Chinese symbol for diarrhea. Sorry

6 out of 10 foreign-language tattoos have errors: Think Before You Ink founder **PAGE 13**

Three inmates charged in EMDC death

Elgin-Middlesex Detention Centre.

Calls to address problems at embattled facility resurface at Queen's Park



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A Sarnia man has been charged with second-degree murder in the beating death of an Elgin-Middlesex Detention Centre inmate.

Police announced the charges against Anthony George, 28, on Monday, two days after Adam Kargus, 29, also from Sarnia, was found dead at the facility.

Two other inmates — Bradley Mielke, 51, and David Cake, 34 — are charged with accessory after the fact in Kargus's death.

Police said a Saturday autopsy showed he died of blunt-force trauma sustained during an Oct. 31 assault. His body was found about 10 a.m. Friday.

Additional information is not being released because



Anthony George
COURTESY SARNIA POLICE SERVICE

"certain details surrounding the homicide will now be used as evidence (in court)," London police Const. Melissa Duncan said Monday.

According to records from Sarnia police, George and Kargus were taken into custody only days apart in July.

Police say Kargus used a stolen credit card and ID to buy cellphones, which he then posted for sale online. Charges laid in the case included fraud under \$5,000.

Charges against George included uttering threats to cause death and aggravated assault. He was arrested after

police say a man was beaten with a stick and had his head stomped on as the assailants yelled "kill him, kill him."

Kargus' death has prompted a new wave of concerns about overcrowding and other problems at the Elgin-Middlesex Detention Centre.

Local MPPs Peggy Sattler and Jeff Yurek turned a spotlight on the incident during Monday's question period at Queen's Park.

The EMDC has been plagued with "overcrowding and understaffing," Sattler said as she asked for an assurance there were enough corrections officers working when Kargus died.

Corrections Minister Madeleine Meilleur didn't answer the question directly, responding by saying the EMDC was 21 inmates below its capacity at the time.

She also listed recent upgrades at the facility including 11 additional full-time officers, 350 security cameras and six metal detectors.

"Despite the best efforts, violence is a reality for correctional facilities everywhere, but with all these improvements we hope that the situation will continue to improve," Meilleur said.



GONE TO THE DOGS

Meet London's newest crime fighter with a friendly bite, Caesar. The doggone loveable pup has been deemed the official face of crime prevention. The mascot was unveiled Monday as police kicked off Crime Prevention Week. Story, page 2. MIKE DONACHIE/METRO

In the line of duty

Original Caesar
was a canine hero

Caesar, the heroic dog who died in 1974, with handler Bob Merriman. CONTRIBUTED

The London Police Service's new mascot has a name-sake with an inspirational story, but a tragic end.

Retired police officer Bob Merriman, 71, was the handler for the first Caesar, who was killed in the line of duty on St. Valentine's Day in 1974.

Cops were called to a shooting at the Horseshoe Hotel on Wellington Road. A man had shot his wife in the face and hand. After she ran off, the suspect barricaded himself in a room.

"We had stationed ourselves outside the door and he started shooting, taking a few shots at us," Merriman said. "I could actually feel the shots going by."

They sent in Caesar, relying on his speed to take the man down. Unfortunately, the dog was shot.

"He came back out of the room and actually died in my arms," said Merriman.

In the end, the solution was tear gas. It brought the shooter out of the room, and he was quickly arrested.

"Sending Caesar in probably saved somebody's life," his former handler added.

Merriman said naming the mascot after such a happy, friendly dog is a great memorial.

MIKE DONACHIE/METRO



Kids from Wilfrid Jury Public School meet Caesar, the new police mascot, on Monday as they start a day of learning good habits at the YMCA Children's Safety Village. MIKE DONACHIE/METRO

Caesar rules during Crime Prevention Week

YMCA Children's Safety Village. London police reveal new mascot in memory of heroic dog



MIKE DONACHIE
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He's got a nose for crime, and he gives great hugs.

Caesar, the new London Police Service mascot, was unveiled and put in the spotlight Monday at the YMCA Children's Safety Village.

Inspector Steve Goodine was at the centre, located in Fanshawe Pioneer Village, to introduce Caesar to kids from Wilfrid Jury Public School, who

had the thrill of being the first members of the public to meet him during Crime Prevention Week.

There were hugs and high-fives all round but, as Caesar takes part in community events starting with the London Santa Claus Parade this Saturday, he'll deliver a serious message.

The fight against crime isn't limited to police, said Goodine. Everybody needs to get involved.

"It's an opportunity for us to focus the community on a theme of crime prevention," said Goodine.

"We want people to be thinking about it all year round.

"This year it's about partnership and the importance of the community being involved in crime prevention. It's not just the police."

Those partnerships involve the public in obvious ways like reporting crime or simply staying safe.

Partner organizations also have a vital role, added Goodine.

"This is a great partnership here at the YMCA Children's Safety Village," he said.

"We get the advantage of a large organization to help us get the safety message into the community.

"We work with the London Fire Service, who are great partners, and all those who fund this safety village to help the kids get a good message."

That message is delivered in all sorts of fun ways at the safety village, which has roads, buildings and other activities to teach children how to stay safe.

Stay safe, kids

- Wilfrid Jury Public School students were asked to name some safety rules during the launch.
- They knew plenty, even before their day of learning. One said to crawl under the smoke if you're in a fire and, if you catch fire, "Stop, drop and roll."
- Another said to stop before crossing the road and to look both ways before and while crossing.
- Another tip they knew was never touch a door handle if it's glowing red. Good advice.

London cops lend a helping paw to St. Thomas

They're man's best friend, and they're helping to show friendship between two police forces.

St. Thomas is about to get the first police canine unit in its history, and it's being made possible by help from London.

The London Police Service's dog handlers have been working on a special

project with St. Thomas.

Sgt. Lee Currah was part of a group of handlers who met the children at the YMCA Children's Safety Village Monday, and he explained how it's been working out.

"It's the first canine unit for St. Thomas," he said.

"It's just starting up now ... They've partnered with

us so we can help to train the new police dog, who's a black shepherd called Trax."

Although St. Thomas has a need for a dog unit, the smaller resources of its police department made it difficult to set one up, and that's why London agreed to help.

Police dogs come in handy during arrests, but they're most commonly used

to track down missing persons.

They live with their handlers as family pets, but they're working dogs with a difficult, often stressful job.

Also at the safety village Monday was Wilco, London's newest police dog.

In training right now,

Wilco joins the force Jan. 1. MIKE DONACHIE/METRO



St. Thomas is getting its first police canine unit. MIKE DONACHIE/METRO

Hand-knit shawl a stranger's act of kindness

Surprise parcel.

Copper-beaded beauty replaces Susan Cottrell's shawl, which she used during her husband's health crisis



Susan Cottrell
TORSTAR NEWS SERVICE FILE

A tiny package from Colorado renewed Susan Cottrell's faith in humanity.

The London woman was surprised and deeply moved last week when she received a parcel containing a handmade dark-green shawl with leaf patterns and studded with copper beads.

The gift was more than just a piece of clothing. It represented the thoughtfulness of a complete stranger named Katrina King, of Fort Collins, Co.

In a handwritten note accompanying the gift, King wrote that she had read via Facebook about Cottrell losing a lace shawl she had knitted to keep calm while her husband teetered between life and death as he underwent double-lung transplant surgery.

"The first thought I had was, 'She needs a shawl for her niece's wedding,'" said the note, which Cottrell read aloud, sometimes pausing.

The shawl vanished from Toronto General Hospital in August after being left overnight in the room where Cottrell's husband, Carl Johnston, was

staying.

Cottrell immediately replaced the black shawl she was wearing with King's creation.

"It's gorgeous. How very, very thoughtful," said Cottrell, who teaches a weekly class at eweKnit on Markham Street. "You can only appreciate the kind of work it takes to make this when you've done it yourself. I would give her such a big hug."

Like Cottrell, it's clear that King also takes refuge in her knitting bag.

"Non-crafters just see an object ... and while it's pretty to them, unless they know a crafter intimately, it doesn't have much value," King wrote.

Despite her best efforts, which included placing flyers around the hospital, Cottrell came up empty in her search to find the missing shawl.

"I've decided the shawl is now gone somewhere else. I've pretty much accepted that fact," she said. "Life is far too important to dwell on things like that." TORSTAR NEWS SERVICE



Campaign against women abuse gets fuzzy support

These two guys went above and beyond the call of duty Monday to help the Shine The Light campaign against women abuse. Andrew Greenwood, left, and Warren Haller, who work at Cineplex Digital Networks, dyed their beards purple to show their support for the London Abused Women's Centre campaign. MIKE DONACHIE/METRO



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**LONDON
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London must suffer for its art, councillors told

Performing arts centre.
Council worries about financial burden of unsustainable project



MIKE DONACHIE
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The future costs of a new performing arts centre were taxing council members' minds on

Monday.

The competing proposals by Orchestra London and The Grand Theatre were up for discussion at the investment and economic-prosperity committee.

City staff were asking for more information on how much each project will cost to build. Politicians, meanwhile, were looking elsewhere.

Some were wondering about the costs to the taxpayer further down the road, after

they were told it's the kind of project that doesn't break even.

In response to a question from Coun. Paul Van Meerbergen, Brian Arnott of consultants Novita Interpares Ltd. said such projects don't usually make money.

He compared them to swimming pools, parks and arenas, saying public amenities usually mean a cost to the city.

That had Van Meerbergen worried.

"Once you give birth to this

thing, it could quickly become an albatross around people's necks," he said.

Costs could "balloon" and leave the taxpayer forced to subsidize the losses, Van Meerbergen said.

Mayor Joe Fontana raised similar concerns, demanding repeatedly that a performing arts centre be "sustainable."

Councillors' other discussions on the issue ranged far and wide, with Coun. Stephen Orser repeating his view that

London doesn't need a new performing-arts centre.

He demanded that the city survey 1,000 taxpayers and give them a choice between an arts venue and building a railway overpass on Adelaide Street near Central. Nobody supported the idea.

Coun. Dale Henderson, meanwhile, favoured abandoning the process altogether and seeking other ideas for a venue. Again, there was no support.

Too many curtain calls

The city's been discussing the two performing arts centre proposals for more than a year, and patience is wearing thin at city hall.

- Quizzed about how much longer it will take before a decision is made, investment and partnership chief Harvey Filger said staff are conscious of the urgency.
- Orchestra London and The Grand Theatre have been asked to provide firm plans on capital spending by Nov. 15, he said.
- City staff will then assess the plans and return to councillors with a recommendation in late January.

Deputy chief economist

Western grad takes prominent post at BMO



Michael Gregory
COURTESY BMO NESBITT BURNS

A Western University graduate has been named deputy chief economist and head of U.S. economics for BMO Capital Markets.

Michael Gregory will be based in Chicago, working under London native Doug Porter, who was named the company's chief economist last year.

Along with a degree from Western, Gregory is a graduate of Concordia University and has a doctorate degree from Fordham University in New York. **METRO**

Impaired-driving charge

Charges laid after crash injures two

A 39-year-old London man is facing an impaired-driving charge after a Sunday crash in Middlesex Centre.

Police say Carl Fowler failed a roadside-screening test about 5 p.m. following the two-vehicle accident at Adelaide Street and Elginfield Road.

Two people were taken to hospital with minor injuries. They have since been released. **METRO**



Come on, now — YOU knows you want them

YOU Made it Café pastry chef Lynette Nanaszko, 28, of London, unloads a freshly baked tray of berry tarts on Monday. The tiny pies are among the goods on offer at a free sampling event from 11 a.m. to 2 p.m. Tuesday at the café at 332 Richmond St. The sampling, designed to entice people to place holiday orders for soups and sweets, is a joint project between Youth Opportunities Unlimited (YOU) and Fanshawe College students. **ANGELA MULLINS/METRO**

Economic development. London is becoming the place to build: LEDC chief

If you can build it anywhere in North America, where should you build it?

Increasingly, city councillors have been told, people are bringing their business to London.

The latest update on work by the London Economic Development Corp. was in the spotlight Monday at council's investment and economic-prosperity committee meeting.

And interim general manager Kapil Lakhota was there to point out the positives for the city, including a series of Canadian and North American exclusives.

"London is getting on the radar for new investments that are firsts for North America, and we're getting a good reputation for that worldwide," said Lakhota.

There's Dr. Oetker's pizza factory and the Natra chocolate processing plant. Brose's facility in London marks the first Canadian automotive-parts plant to employ more than 800 people. Hanwha's plant represents the Korean company's first building-products factory in Canada.

There are all these success stories and more, said Lakhota, who spoke of 1,200 new jobs being created in the city this year.

There were warm congratulations from council members, including Mayor Joe Fontana, who said London should hear more positive stories.

He said discussions should go beyond the high unemployment rate, which



Kapil Lakhota, interim general manager of the London Economic Development Corp., addresses the investment and economic-prosperity committee on Monday.
MIKE DONACHIE/METRO

Remember the name

"London is getting on the radar for new investments that are firsts in North America, and we're getting a good reputation for that worldwide."

Kapil Lakhota, interim general manager of the London Economic Development Corp.

has fallen steadily since the spring, and include the people doing business in London.

"It's not as if these companies didn't have a choice as to where to put their North American head offices," said Fontana. "They chose London." **MIKE DONACHIE/METRO**

Toronto. Ford theatre has some applauding, others searching for the exit

Canada's largest city remained divided over its embattled mayor Monday after a public apology from Rob Ford failed to quell the controversy over an alleged crack video.

While some saw his words as the push needed to move past a long-running drug scandal, others said little had changed for Toronto.

After first saying he was sorry on his weekend radio show, the mayor took to the airwaves again Monday morning to repeat his apology for public drunkenness and texting while driving.

As before, however, Ford dodged questions about the alleged video that appears to show him smoking crack.

For some Toronto residents, Ford's latest statements did little to change their views.

"Rob Ford's 'apology' sounds to me like just blowing smoke. Never mind what kind of smoke," one person said on Twitter.

"How many lies must Rob Ford be caught in before we

Staying in character

"I'll be running the ship, even if it's by myself."

Toronto Mayor Rob Ford, while challenging any member of his government who can't work with him to leave.

can officially declare him to be a liar?" tweeted another.

But Ford's supporters continued their staunch defence of the mayor.

"Despite whatever Mayor Rob Ford has done in his personal life, he is still a good mayor and people should leave him alone," tweeted one woman.

"The end result is that he is saving tax payers money," said another.

Toronto's deputy mayor said Ford's "blanket apology" and an acknowledgment that his personal lifestyle was affecting the life of the city was a good first step.

"It may not be the one that everyone had anticipated but it was enough," Coun. Norm Kelly said. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford appears on his weekly radio show in Toronto Sunday. MARK BLINCH/THE CANADIAN PRESS

Red tape

Injured vet says Canada not doing right by its troops

A military veteran who suffered multiple injuries when his vehicle rolled over in Afghanistan says the Canadian government is failing former soldiers by not providing the care they need.

Cpl. Shane Jones says he has been assigned more than three Veterans Affairs caseworkers since June and has had about eight since he was medically released from the Forces in 2008.

The 38-year-old father of three said that has impeded his treatment for post-traumatic stress disorder and a

traumatic brain injury he sustained when his vehicle rolled over in Afghanistan in 2005.

He said he wanted to speak out at a news conference Monday in Halifax because he knows of many injured veterans who are struggling with bureaucratic red tape and regular upheaval in their care.

"There's no way they're ever going to get better if every couple of months they're getting a new case manager, which basically means they have to start at ground zero," he said.

"It's been six or seven years since my accident ... but I'm no further ahead today, treatment and recovery-wise, than when I first got off that plane."

THE CANADIAN PRESS

Anonymous demands RCMP officer be fired

Hacktivism. Notorious online group threatens to release personal info about Mountie who appeared to utter slur during New Brunswick anti-fracking protest



The hacktivist group Anonymous is demanding an RCMP officer who was caught on video appearing to utter a racial slur during anti-fracking protests in New Brunswick be fired.

Two weeks ago, members of the Elsipogtog First Nation and opponents of shale gas development clashed with police in Rexton, N.B. Five police cruisers were destroyed and dozens of protesters were arrested.

The event drew the attention of Anonymous, who launched #OpFrackOff in support of the protests. The group has previously become involved in other high-profile Canadian cases, including Idle No More and the death of Rehtaeh Parsons in Nova Scotia.

This time, Anonymous has focused on an RCMP officer who appears in a video to utter a derogatory slur while confronting Mi'kmaq activists on Oct. 17. In the video obtained by the group, an unidentified Mountie can be heard telling protesters that "Crown land belongs to our gov-

ernment, not to f—ing Natives."

In documents posted online, Anonymous has threatened to release personal information about the offending officer unless he is fired by the RCMP.

Const. Jullie Rogers-Marsh of the New Brunswick RCMP confirmed that one of their officers uttered the slur. She said as soon as the Mounties became aware of the incident, the officer in question was sent home and an internal investigation was launched.

"We took action immediately," she said. "This type



A police vehicle is seen in Rexton, N.B., as police began enforcing an injunction to end an ongoing demonstration against shale gas exploration in eastern New Brunswick on Oct. 17. ANDREW VAUGHAN/THE CANADIAN PRESS FILE

Concerned with camo

Over the weekend, #OpFrackOff appeared to switch their focus onto what they believed was the involvement of the military in the protest. The group's claims appear to be based on the fact that camouflage hats were worn by officers at the protest.

Rogers-Marsh denied any military personnel were present. "(Anonymous) can compare pictures all they want," she said. "There were absolutely no military members involved in any of the shale gas protests. Everyone there was a police officer."

of behaviour is unacceptable and it's taken seriously by the RCMP."

Rogers-Marsh would not say what disciplinary meas-

ures might be taken, nor would she confirm whether the results of the investigation would be made public.

Brazeau: 'It can happen to you'

Looking for closure

51-34

The closure motion to shut down debate on the proposed suspensions and force a vote passed by a vote of 51-34.

One of three former Conservative senators facing suspension without pay is warning all parliamentarians that the same thing could happen to them.

Patrick Brazeau made a last-ditch appeal to fellow MPs and senators Monday as the government moved to shut down debate on the proposed suspensions and force a vote on Tuesday.

"Colleagues, if this can happen to me, it can happen to you," Brazeau wrote in a letter to all parliamentarians.

"I recommend you have

a lawyer examine all claims you submit before you submit them," Brazeau advised his colleagues. "You may currently believe you are being compliant with (House of Commons) or Senate policy. The rules may

change without your knowledge and you may find yourself kicked out of your caucus, being suspended without pay and being scapegoated in the media as some kind of entitled 'fat cat.'

"This can happen in spite of the fact that you are completely compliant with a given policy. This can happen even though you never submit per diems for lunch and brown bag it every day. Your compliance is irrelevant if internal economy says that it is, as they are above the law." **THE CANADIAN PRESS**



Sen. Patrick Brazeau arrives at the Senate on Parliament Hill Oct. 30 in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

Dozens of Canadians willing to pay for web sex with 10-year-old: Researchers

Webcam child-sex tourism. Researchers created a 3D animation of the girl to convince the men they were dealing with a real child

A sting operation has turned up dozens of Canadians among thousands of adults willing to pay to watch a

10-year-old Filipino girl perform sex acts on a webcam, an international children's rights group said Monday.

The group Terres des Hommes, operating out of Amsterdam, said 54 Canadians were among more than 1,000 adults from 71 countries identified during the 10-week project.

"It's frightening to see that these people think that the Internet is a completely lawless space," said one of the researchers for the group, who identified himself only as

Peter for fear of reprisals.

"The most shocking part of this — aside from the horrific child-abuse material that we were sometimes sent — was just the fact that it was so easy to catch these people. They have zero risk perception."

Detailed identification information — including names, addresses, telephone numbers and email addresses — was now in the hands of Interpol for passing on to national law-enforcement authorities to investigate, Peter

Predators

In all, the researchers identified more than 1,000 predators — including 254 Americans and 110 Brits.

- They said they would have been able to ID far more if they had more time and resources.

told The Canadian Press from Amsterdam.

Canada's Criminal Code prohibits accessing child pornography and child prostitution, so the law should be adequate for prosecution, the group said.

In all, 20,172 adults offered to pay between \$1 and \$100 using untraceable prepaid credit cards to have "Sweetie" perform a sex show via webcam — despite being told at least twice that she was only 10.

Until now, Peter said, he believed police had a good

handle on the webcam sex tourism. The project has shown that's not the case, he said.

"The idea that police are on top of this kind of child abuse is just an illusion," Peter said.

The group has posted a documentary about its investigation on YouTube — youtube.com/sweetie — and begun a petition aimed at pressing authorities and politicians to do more to halt such illegal sex shows.

THE CANADIAN PRESS



Anti-American rally in Iran

Iranian school girls raise their palms with Persian that reads "death to America" during an anti-American rally in Tehran, Iran, Monday. Tens of thousands of demonstrators packed the streets outside the former U.S. Embassy in Tehran in the biggest anti-American rally in years; a show of support for hard-line opponents of President Hassan Rouhani's historic outreach to Washington. EBRAHIM NOROOZI/THE ASSOCIATED PRESS

Budapest

Hungarian lawmaker admits beating partner

Hungarian prosecutors say that a lawmaker who claimed his partner had injured herself after tripping over their large dog has confessed to punching her in the face, grabbing her hair and slamming her head against wooden terrace

railings.

Prosecutors said Monday that Jozsef Balogh was drunk on April 28 when he assaulted his partner, who suffered a broken nose, multiple cheekbone fractures and other injuries.

Balogh resigned from the governing Fidesz party's parliamentary faction in May after party officials indicated his behaviour was unacceptable. He has been an independent lawmaker since then. THE ASSOCIATED PRESS

T-shirts for action

U.S. celebrities protest Russian ban on gay 'propaganda'

Actors Jonah Hill, Jamie Lee Curtis and Kristen Bell are among a batch of celebrities donning Russian-language "Love Conquers Hate" T-shirts to show support for gays in Russia alarmed by a new law banning pro-gay

"propaganda."

It's part of an initiative launched Monday by the Human Rights Campaign, the largest U.S. gay-rights group.

Participating celebrities will share photos of themselves wearing the T-shirts on their social media platforms, encouraging followers to do likewise. The HRC says all net proceeds from shirt sales will go to a fund supporting gay-rights efforts in Russia.

THE ASSOCIATED PRESS

First appearance in months. Egypt's ousted president defiant in court

After four months in secret detention, deposed President Mohammed Morsi defiantly rejected a court's authority to put him on trial Monday, saying he still was Egypt's leader and that those who overthrew him should face charges instead.

The trial, which was interrupted twice on its first day by shouting in the raucous courtroom, was then adjourned until Jan. 8 to allow lawyers time to review the case against Morsi and his 14 co-defendants — all prominent members of the Muslim Brotherhood.

Morsi, Egypt's first freely elected president, had been held at an undisclosed location since the military ousted him in a coup July 3. His appearance in court represented a step by the military-backed authorities toward granting him due process in the face of mounting criticism by rights groups.

Morsi and his co-defendants

Morsi in court

The 62-year-old Morsi, who wore a dark blue suit, light shirt and no tie, was feisty and healthy-looking during his court appearance.

- He refused to wear a prison uniform as part of his rejection of the trial's legitimacy, according to security officials.

face charges of inciting the killing of protesters who massed outside the presidential palace in December and demanded he call off a referendum on a new constitution drafted by his Islamist allies. Brotherhood members attacked a sit-in by the protesters, sparking clashes that left 10 people dead. THE ASSOCIATED PRESS



This image made from video provided by Egypt's Interior Ministry shows ousted President Mohammed Morsi speaking from the defendant's cage in a makeshift courtroom during a trial hearing in Cairo on Monday.

EGYPTIAN INTERIOR MINISTRY/THE ASSOCIATED PRESS

India to launch its first mission to Mars

Space exploration.

If it is successful, mission will make India one of a handful of countries to reach the red planet

To boldly go ...

"We have a lot to understand about the universe ... it has been humankind's quest from the beginning."

K. Radhakrishnan, chairman, Indian Space and Research Organization

India is aiming to join the world's deep-space pioneers with a journey to Mars that it hopes will showcase its technological ability to explore the solar system while seeking solutions for everyday problems on Earth.

With a Tuesday launch planned for Mangalyaan, which means "Mars craft" in Hindi, India will attempt to become only the fourth space agency to reach the red planet, after successful attempts by the Soviet Union, United States and Europe.

"We have a lot to understand about the universe, the solar system where we live in, and it has been humankind's quest from the beginning," said K. Radhakrishnan, chairman of the Indian Space and Research Organization.

India sees its Mars mission primarily as a "technology demonstration," Radhakrishnan said. "We want to use the first opportunity to put a spacecraft and orbit it around Mars and, once it is

there safely, then conduct a few meaningful experiments and energize the scientific community."

Radhakrishnan admits the aim is high. This is India's first Mars mission, and no country has been fully successful on its first try. More than half the world's attempts to reach Earth's planetary neighbour — 23 out of 40 missions — have failed, including missions by Japan in 1999 and China in 2011.

Mangalyaan is scheduled to blast off Tuesday from the Indian space centre on the southeastern island of Sriharikota.

Five solar-powered instruments aboard Mangalyaan will gather data to help determine how Martian weather systems work and what happened to the water that is believed to have once existed on Mars in large quantities.

THE ASSOCIATED PRESS



Paramilitary soldiers stand guard near the Polar Satellite Launch Vehicle, which will launch India's first mission to Mars, at the Satish Dhawan Space Center at Sriharikota. ARUN SANKAR K/ THE ASSOCIATED PRESS

Weight loss. Obesity surgery for teens is safe, new study says

U.S. teens seeking weight-loss surgery have a startling number of health problems that used to be seen only in adults, according to a major government-funded study.

Half the teens had at least four major illnesses linked with their excess weight. Three out of four had cholesterol problems; almost half had high blood pressure or joint pain; and many had diseased livers or kidneys.

The study offers reassuring evidence that obesity surgery is generally safe for teens, echoing previous short-term research. While it is a drastic, last-ditch option, major complications, including accidental injury to internal organs, occurred in just eight per cent of teens.

The study involved 242 teens who had surgery at five U.S. centres from 2007 through 2011.

Because lifestyle changes and medication rarely work for such obese teens, the statement says obesity surgery should be considered for those with re-

Adults vs. teens

The results of a three-year follow-up on more than 2,000 patients in an adult study of obesity surgery show that:

- Adults generally had fewer obesity-related illnesses than the teens studied
- Gastric bypass surgery, the most common operation in the U.S., resulted in more weight loss and more improvement in related illnesses than stomach banding, as other studies have also shown.

lated health problems who are psychologically mature enough to handle it.

The new results bolster evidence from smaller studies on teens and also suggest teens may do better, at least initially, than adults. THE ASSOCIATED PRESS

UBC. Students vote down donation for sexual assault support services

A University of British Columbia undergraduate society at the centre of a frosh week chant that glorified the abuse of underage girls has rejected a pledge to donate \$250,000 to expand sexual assault support services at the institution.

The Commerce Undergraduate Society says in a written release that only 245 of 815 participants voted in favour of the financial proposal put forward by the group's board of directors after a UBC probe found that the pro-rape chant was an oral tradition, and that student leaders should be held accountable for not stopping

anyone from using it.

The CUS says while students want to address the issue of sexual violence, they don't believe a financial contribution is the solution to a safer campus, and that they prefer a more broad-based response that will result in lasting change.

The group did not provide specifics, but the release says student leaders have completed anti-violence training and will be involved in anti-discrimination training.

The results of the vote come in the wake of six reported incidents of sexual assaults on campus. THE CANADIAN PRESS

Parkour gone wrong?

NYC man trapped between buildings

Fire officials say a 19-year-old New York University student may have been trapped between two buildings for as long as two days.

The victim, Asher Vongtau, was rescued on Sunday.

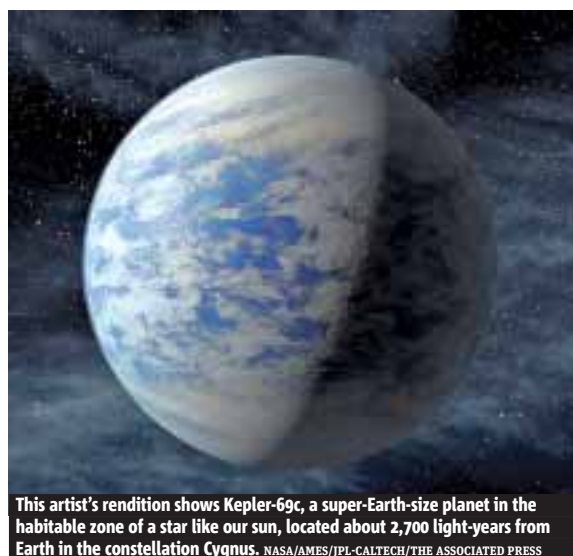
A fire department spokesman says he's in serious

condition at a hospital.

It's unclear how Vongtau got stuck between a five-storey parking garage and a 17-storey NYU dormitory. The spokesman says rescue workers broke through a concrete wall to reach him. He was wedged in an area about six to 18 inches wide.

The fire department says the only way to get to the site is from the roof of one of the buildings. THE ASSOCIATED PRESS

Earth-like planets fill our galaxy



This artist's rendition shows Kepler-69c, a super-Earth-size planet in the habitable zone of a star like our sun, located about 2,700 light-years from Earth in the constellation Cygnus. NASA/AMES/JPL-CALTECH/THE ASSOCIATED PRESS

Space may be vast, but it isn't that lonely. A new study finds that the Milky Way is teeming with billions of planets like ours, circling stars just like our sun.

Astronomers using NASA data calculate that in our galaxy alone there are at least 8.8 billion stars like our sun with Earth-sized planets that are not too hot or not too cold.

For perspective, that's more Earth-like planets than there are people on Earth.

They calculated that 22 per cent — slightly more than one in five — of our sun-like stars have planets similar to Earth in size and temperature. Study co-author Geoff Marcy says that

means billions of places for life to develop.

As for what it says about the odds that there is life somewhere out there, it means "just in our Milky Way galaxy alone, that's 8.8 billion throws of the biological dice," said Marcy.

The study, published in the journal Proceedings of the National Academy of Science, is based on data from NASA's now crippled Kepler space telescope.

The next step, scientists say, is to look for atmospheres on these planets with powerful space telescopes that have yet to be launched. That would yield further clues to whether any of these planets do, in fact, harbour life.

THE ASSOCIATED PRESS



The Square will debut exclusively on Netflix early next year. The streaming service broke new ground when it won an Emmy for House of Cards, now the company seems focused on adding an Oscar. NOUJAIM FILMS/THE ASSOCIATED PRESS

And the Oscar goes to ... Netflix for The Square?

First the Emmys, now the Academy Awards.

The video-streaming service has its sights set on new movie premieres

Netflix has acquired the first-run rights to a documentary on the Egyptian protests in Cairo's Tahrir Square, signalling a new

push by the subscription company to program movie premieres.

The Square will debut exclusively on Netflix early next year. The documentary depicts the tumult of the Egyptian Revolution beginning in 2011.

In a letter to shareholders this year, Netflix executives said the company would expand its growing library of original content beyond new TV shows like

Award bait

The Square will have a short theatrical run to qualify the film, an award-winner at the Sundance and Toronto film fests, for Oscar consideration.

House of Cards and would seek to add "broadly appealing documentaries." THE ASSOCIATED PRESS

Waterloo. BlackBerry hires turnaround expert after failure to get a buyer

A well-connected U.S. tech industry veteran with a track record on turnarounds, John Chen has been named to lead troubled Canadian mobile telecommunications giant BlackBerry Ltd., the company announced Monday.

As executive chairman, Chen will be responsible for its strategic direction, strategic relationships and organizational goals, the Waterloo-based company said.

The move came as BlackBerry failed to attract a buyer

for the company by Monday's deadline, throwing its future into doubt.

Its largest shareholder, Fairfax Financial Holdings, along with other investors, has thrown it a \$1-billion US lifeline through the purchase of convertible debentures.

Chen will also become interim chief executive officer when the debenture deal closes, likely in two weeks, while the company searches for a successor to departing CEO Thorsten Heins.

TORSTAR NEWS SERVICE

Random biz fact of the day

1 in 3

1 in 3 employers rejected candidates based on something they found about them online.

BEHIRING/NEXCAREER

Gay rights

Following uproar, Barilla pledges to improve diversity

Italy-based pasta maker Barilla is pledging to improve diversity after protests were sparked by an executive's claim the company would never feature ads depicting gay families. In September, gays and others raised calls to boycott Barilla products.

THE ASSOCIATED PRESS

UN dietary guidelines

Nestlé products to have less salt

The world's biggest food and drink company, Swiss-based Nestlé, is pledging to speed up making hundreds of products with less salt to honour new UN dietary guidelines.

THE ASSOCIATED PRESS

Initial public offering

Is Twitter a good investment?

Twitter faces skepticism from potential investors and the broader public ahead of its initial public offering, according to an Associated Press-CNBC poll released Monday.

Some 36 per cent of Americans say buying stock in the 7-year-old short-messaging service would be a good investment, while 47 per cent disagree.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
95.99¢ (+0.09¢)

TSX
13,361.73 (+24.27)

OIL
\$94.62 US (+1¢)

GOLD
\$1,314.70 US (+\$1.50)

Natural gas: \$3.44 US (-4¢)
Dow Jones: 15,639.12 (+23.57)



Dog could fetch \$55M

Balloon Dog (Orange) by Jeff Koons is scheduled for auction at Christie's auction house next Tuesday, where it's expected to sell for up to \$55 million US. CHRISTIE'S/THE ASSOCIATED PRESS

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Saturday, October 19, 2013 10:00 am – 2:00 pm	CARLING HEIGHTS OPTIMIST COMMUNITY CENTRE 658 Elizabeth Street, London
Thursday, October 24, 2013 4:00 pm – 7:00 p.m.	GREEK CANADIAN CLUB 985 Sarnia Road, London
Tuesday, November 5, 2013 4:00 pm – 7:00 pm	KENWICK MALL 51 Front Street East, Stratford
Thursday, November 7, 2013 4:00 pm – 7:00 pm	SOUTH LONDON COMMUNITY CENTRE 1119 Jaina Blvd, London
Thursday, November 14, 2013 4:00 pm – 7:00 pm	LUCAN COMMUNITY CENTRE 263 Main Street, Lucan
Saturday, November 23, 2013 10:00 am – 2:00 pm	WESTMOUNT PUBLIC SCHOOL 1101 Viscount Road, London
Tuesday, November 28, 2013 4:00 pm – 7:00 pm	CLARKE ROAD SECONDARY SCHOOL 300 Clarke Road, London
Tuesday, December 10, 2013 4:00 pm – 7:00 pm	LAMBETH COMMUNITY CENTRE 7112 Beattie Street West, London

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10:00 am – 3:00 pm

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You will still be seen even if you do not have a Health Card or Driver's Licence.



* Please: Sites are not barrier accessible

For more information:
519-663-5317 ext 2336 or www.healthunit.com



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 2

metronews.ca/temp

Hipster for hire

**Yeah, I work...
at perfecting
the creases on my
distressed denim**

British Columbia's provincial government got a lot of attention in 2012 for transit ads declaring "hipster is not a full-time job."

The jury is still out, but it can certainly be a lucrative temp job.

Modelling agency Voltage Entertainment placed a Vancouver Craigslist ad Oct. 8, looking for the face of brand ambassador "Hipster Randy."

Said hipster would be paid \$2,500 a month and be on call for whenever the newest vintage clothing, vinyl record, craft brewing, organic farming operation needs a hunky, unshaven, flannel-clad, thick-framed-glasses wearing man to give them instant "too cool to care" street cred.

Whatever.

MATT KIELTYKA/
METRO



Temp Accepts a Slightly Random Date with Chinese Guy

Today was Thursday. In the future, every day of the week will be Thursday. We're all going to be working to the grave and we all know it so days of the week will be meaningless. I call it Permaturus — I just happened to the future before most people. Permaturus isn't totally bad, but without the Internet it would be truly horrible.

My morning highlight was when Kyle the bike courier showed me his new forearm tat, a bleeding dagger, which sounds cliché but it was actually kind of hot, even though Kyle's not my type. Everyone in the office thinks we're some Big Item, and when we flirt everybody turns into gum-chewing zoo visitors staring at the chimp cage hoping something frisky transpires.

Then the day quickly went sideways. First, my daily ride home bailed on me — my sister, Amy, who just landed a gig teaching yoga for tweens at the now-empty Barnes & Noble on Route 34.

"Shanny, I hear buses are great these days. Like hotels, practically. You can blog about it — it's free content — you own your bus ride!"

Second, Kevin Taylor's and Andy Kimura's flight back from Beijing was grounded for a day because of a bird flu scare: scheduling mess. Third, there was a Norovirus outbreak at the Bunmeister during yet another lunchtime farewell party.

At 4:30, while I was puzzling over how to bus it home, the Danimal hobbled up to my desk, obviously deeply regretting his Bunmeister's Cheesetastic Meatball-icious sub.

"Dan, maybe you need some of those super-drugs they give to people on cruise liners."

"Shannon, I need you to do some overtime for me — for the company."

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas..."

Twice my regular hourly rate? "Sure. What is it?"

"I need you to take a client out for drinks and dinner."

"What? No!"

"Shannon, here's the thing, all of us are dying and this guy has to be taken care of."

"Meaning?"

"Look, I'm not talking hookers and blow; I'm talking chicken fingers and 3-for-1 margaritas at Mister McFunbury's out by the off-ramp that takes you out to the oil refineries. This guy's not high up the food chain, but we can't not do something."

I stared him down. "OK, one: a week of free taxi cabs. Two: cash up front for the food — my cards are all maxed out. Three: drinks, dinner, dessert and goodbye. Two hours max."

"Agreed."

"Who is he, anyway?"

Random fact of the day

Coffee cold this morning?

- You can heat it up with sound energy by yelling at it for eight years, seven months and six days.

SOURCE: MSN.COM



"I think he's the idiot son of one of the engineers who's disassembling one of our lines. Andy says he's the guy who inserts the harpoon so they can reel it all back to Asia."

"Sounds colourful. OK. I'm in."

TO BE CONTINUED...

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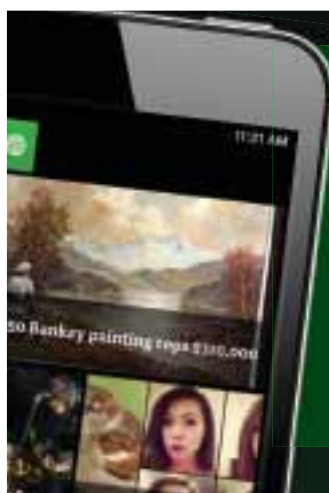
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metro

HOW TO LOOK MORE ATTRACTIVE

There are many benefits to surrounding yourself with a great group of friends: Companionship, emotional support, always having someone to drive you home after you've had too many glasses of wine. But did you know that your pals also have the potential to make you appear more physically attractive?

Researchers at the University of California, San Diego, recently conducted a study to determine the validity of the so-called "cheerleader effect." Popularized by on-screen ladies' man Barney Stinson from the TV show *How I Met Your Mother*, the theory suggests that people seem better-looking when seen in a group context. I'll ignore my reservations about why academics are investing time and resources into proving the scientific merit behind the deranged ramblings of a television character, and get to the details.

Psychological scientists Drew Walker and Edward Vul con-



SHE SAYS

Jessica Napier

metronews.ca

While the findings of the study might seem somewhat predictable — people who are socializing with others usually appear happy, confident and thus more appealing than solitary

ducted five separate experiments among 130 undergraduate students at the university to evaluate how people's perceived beauty might vary depending on whether they're alone or in a group. Participants were asked to rate the physical attractiveness of 100 individuals by looking at a variety of photographs. Sometimes the subjects were shown in a group portrait with two other people, other times the pictures were cropped to show the person alone. Overall, test subjects scored about two percent higher in terms of looks when shown as part of a group. Not an overwhelming beauty-boost, but statistically interesting enough to make me reconsider posting so many selfies online.

loners — there's actually a bit more science to this phenomenon. The rationale behind the cheerleader effect has to do with our brain's subconscious tendency to merge facial features when looking at more than one person. We tend to read faces in group settings as ensemble representations and diminish individual's idiosyncrasies in the process. Unattractive characteristics that would stand out if seen in isolation are leveled out to give everyone an average group face. In this case, being average-looking is actually a good thing.

And while the 'cheerleader' label brings to mind acrobatic females in short skirts, the theory actually applies to both sexes. Men and women were consistently regarded as better looking when in the company of two or more people of the same gender.

"Having a few wingmen or women may indeed be a good dating strategy" the researchers are quoted as saying.

"The effect is definitely small, but some of us need all the help we can get," Vul said.

Follow Jessica Napier on
Twitter @MetroSheSays



Sharp instincts earn photographer top prize



COURTESY DOMINIKA WYPYCH

Sixth sense captured with a camera phone

Dominika Wypych, of Sweden, is one of this year's global grand winners of Metro's Photo Challenge with her submission of the Weimaraner that she snapped with her cellphone. This year's challenge entailed capturing a sense — which in this case is the sixth sense. **METRO**

Quoted

"The picture I took is of my dog, Salsa, who has cancer. This was the day before she was going to surgery and we wanted her to get a run in the woods, even though it rained. Since dogs are smarter than you think, she felt that something was going to happen. I saw it on her. So I wanted to capture the moment and took the picture with my camera phone, because it was really a 'sixth sense' moment." Dominika Wypych, 34, Stockholm

Shutterbugs

Metro Photo Challenge was introduced nine years ago in Sweden and ran globally for the first time in 2007.

Click metronews.ca for more photo contest submissions.



Clickbait



ANDREW FIFIELD

andrew.fifield@metronews.ca

Archive.org is a rabbit hole of audio, video and literature culled from decades worth of media. Like most rabbit holes, it's hard to know where to start — but it's hard to beat the old-timey charm of 1940s radio programs. Try searching out these to get started.



POLOGOOMBA/Flickr

Secrets Of Scotland Yard: A fantastic true crime series that aired from 1949-51 that's packed with rich British accents, nefarious characters and schemes targeting the crown jewels (of course) and "unsightly" wives.

Mel Blanc Radio Show: Mel Blanc, a.k.a. the voice of nearly every Looney Tunes character you've ever seen commit a horrifying act of violence, was handed the reins of his own show in the 40s where he developed an eponymous repair shop

owner who has no business being in that line of work. Special guest stars include sadly obsolete words like "nincompoopery."

Orson Welles Radio Almanac:

Readings from Shakespeare, 19th-century newspapers and presidential letters are among the highlights from this 1940s miscellany assembled by a true legend. A D-Day episode that dramatized news of the Normandy landing is essential listening.

Letters

RE: Don't Believe Everything You Think, says Metro's Paul Sullivan, published Oct. 30

While everyone is entitled to their own opinion, I think that publishing this article was in poor taste. Who is he to say what people can or cannot believe in? Just because science has proven that things don't exist, doesn't mean that we can't believe in them. Each and every person thinks and perceives (and believes) things in different ways, so to say to someone 'science proved this to be untrue; change your

belief now,' is really low.

I also noticed that while angels, ghosts and Lucifer were touched upon, God was omitted. Why should you say that I can't believe in eternal damnation but eternal salvation is OK? If he was going to beat down those who believe in ghost and spirits, why not include those who believe in God?

Not to mention that while the article in whole is rude and condescending, the ending paragraph basically tells the readers that he is right and while people are bound to complain, they're nothing but 'trolls.'

Treasa Betts, Vancouver

WE WANT TO HEAR FROM YOU:
Send us your comments: londonletters@metronews.ca

DVD review



White House Down

Director. Roland Emmerich

Stars. Channing Tatum, Jamie Foxx

The word “excess” obviously doesn’t appear in any dictionary owned by Roland Emmerich. There’s no such thing as too much of anything to this most bellicose of filmmakers. So *White House Down* has exactly what you’d expect from the man and from the genre, only louder and dumber. If only he knew what to do with it. Emmerich can’t seem to decide whether he’s making a cautionary thriller about liberty’s need for eternal vigilance or a blows-up-good buddy comedy featuring a bad-luck cop (Channing Tatum) and a badass prez (Jamie Foxx). Other films have car chases. This one has a car chase on the White House lawn, with the president inside an armoured limo brandishing a rocket launcher, trying to escape bad guys by blowing a hole in the iron fence. The only thing missing from this scene is a Dukes of Hazzard soundtrack. Some Emmerich films are dumber than the others, and this is one of the really dumb times.

PETER HOWELL

Record label’s business is all about rocking the cradle

Rockabye Baby. CMH Label Group turns your favourite tunes into lullabies for baby — so you can sing along

PAT HEALY

Metro World News in Boston

Lisa Roth often finds herself giving unlikely advice to musicians who are covering songs by the likes of Black Sabbath, Guns N’ Roses, Jay Z and Kanye West.

“A lot of the times it’s, ‘I want you to produce this like there’s a baby sitting in your lap while you’re doing it,’” she says.

As vice-president and creative director of the CMH Label Group, Roth oversees a branch of the label that produces the *Rockabye Baby* series, in which musicians have taken the aforementioned artists and created lullaby renditions of their best-known work.

Roth created the series with co-worker Valerie Aiello in 2006 and she has since overseen more than 50 releases.

This week sees the release of a Nickelback compilation.

“When we developed this idea, no one here had kids,” says Roth. “I am not sure we would have thought about lullaby versions of Tool if we did have kids.”

For the uninitiated, *Rockabye Baby* releases are like a private game of Name That Tune that parents can play while their little ones benefit from soothing arrangements



Lisa Roth, the executive producer of *Rockabye Baby*. EARLY GIBSON

of classic tunes. Where a song like the Foo Fighters’ *Monkey Wrench* in its original incarnation is characterized by its hard guitars crunching up against bombastic drums and Dave Grohl’s rock ‘n’ roll screams, the *Rockabye Baby* version is an instrumental playground, led by harmonizing glockenspiels and filled out by little bird chirps, rattles and cute honks.

CMH Label Group releases about eight compilations per year, working with a small handful of producers, and Roth says the back-and-forth with a producer for each release could take as long as six months.

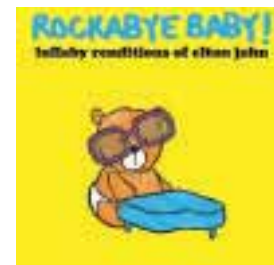
“There’s a certain amount of training that we have to go through with these people be-

cause it’s kind of nuanced: It’s not an easy thing to do. I think people have preconceived notions when it comes to a lullaby, as if you should just play quieter and slower, which is not the case at all,” she says.

“First of all, we are a record label, not a children’s company. The music, whether the consumer notices it or not, means a great deal to us.”

Yes, the consumer in question is a baby, one who’s unknowingly being introduced to the greatest pop music of the past few decades (yes, there are people who would put Nickelback into that category, sadly).

But the consumer is also the parent who can hear songs he or she already loves without having to suffer through



nonsense by purple dinosaurs or men in brightly coloured turtle-necks.

“I get to spend chunks of my day doing this thing,” says Roth, “and listening to music and deconstructing these songs and picking the instruments, and it’s like painting a little picture, and trying to do it with utmost deference and respect to the artists so they don’t get annoyed.”

It’s not the size of the part that matters

The long-awaited film adaptation of *Ender’s Game* has sparked more online discussion than most movies — whether among science-fiction fans or folks upset about author Orson Scott Card’s anti-gay views — so it would make sense for its 16-year-old star, Asa Butterfield, to avoid the Internet. But he’s not one for conventional wisdom, apparently. And while he’s been making his mark in lead roles in his young career, Butterfield appreciates that it’s not the size of the part that matters — something he picked

up from Glengarry Glen Ross.

Isn’t it a bit dangerous when you’re in a movie to go around looking for stuff about it online?

Obviously I’ve got to respect that of course other people are going to have opinions, but I think it’s impossible to not read things on the Internet.

Are there any areas where you can compromise if need be?

For me, definitely one of the most important parts is the

character. It may be a lead, it may be a supporting part, it may just be very little, but as long as you can make your mark on the film, then you’ve sort of done your job. And one of the films I always refer to when talking about this is, do you know the Glengarry Glen Ross film? Alec Baldwin comes in at the start and pretty much just tells them to sharpen up. That scene, I mean that has one of the best pieces of acting I have ever seen — and it’s his only scene in the film.

NED EHRBAR/METRO



Asa Butterfield, left, stars in *Ender’s Game*, which opened Friday. CONTRIBUTED



Lady Gaga ALL PHOTOS GETTY IMAGES

Lady and the Taylor: Are Gaga and her guy going to call it quits?

Lady Gaga and her Chicago Fire boyfriend, Taylor Kinney, have reportedly split up again, with Kinney citing her "insane workload" as an obstacle they can't get past, according to the Sun. "Taylor has told her she's married to her career and he can't deal with dating Gaga the mega-star and all her obsessions and alter-egos," a source says. "He loves the cool down-to-

earth girl but hardly gets to see her." Seemingly proving Kinney's point, Gaga reportedly wants to address the issue — when she has a spare moment. "Gaga's hoping to meet up with Taylor when their schedule allow to talk things through," the source adds, but "Taylor told her they need time apart, and it's looking as if this might lead to a permanent split."



Dolly Parton

Twerkin' nine to five: Dolly doesn't mind how Miley makes a livin'

Plenty of members of the music community have offered Miley Cyrus unsolicited advice on how she's presenting herself, but don't expect Dolly Parton to join the chorus. "If she needs my opinion on something I will surely give it,

and there have been times we've talked," Parton, who happens to be Cyrus' godmother, tells the Standard. "But I would never dream of calling her and saying, 'Well, why are you doing this?' or, 'You shouldn't do this or that.'"

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Did that slo-mo beach dash prep Pam for the real deal?

MELINDA
TAUB

Metro World News

Some marathoners can bounce back from a 26.2-miler like it was a walk in the park. Pamela Anderson does not appear to be one of them.

After her outing in Sunday's ING Marathon in New York City, Pamela tweeted a pic of herself covered in ice packs in bed. It's captioned, simply, "Ouch!"

I'm sure Pamela thinks the pain was worth it, though: The Baywatch star, who ran the marathon with her brother Gerry,

raised nearly \$76,000 for the J/P Haitian Relief Organization.

According to the marathon results page, Anderson finished the marathon in 5:41:03 — not bad for a 46-year-old lady who's used to running down beaches in slow motion. Several famous marathoners beat her, though: Fellow beautiful person Christy Turlington bested her by nearly an hour with a time of 4:35:32, while ER and Top Gun star Anthony Edwards, visibly energized on the course by the cries of "Goose!" that I shouted at him, crossed the finish line in 4:45:26.

Of course, the winner, Kenya's Geoffrey Mutai, could have finished the course twice before a single one of these celebs crossed the finish line. So Christy shouldn't get a big head.



Michelle Pfeiffer

Cult leaders may have tried to recruit a young Michelle Pfeiffer

Michelle Pfeiffer says that she was taken in early in her career by a pair of "very controlling" personal trainers who turned out to be cult leaders — and she didn't realize it until it was almost too late. "I wasn't living with them but I was there a lot and they were always telling me I need to come more," she tells Stella magazine. "I had to pay for all the time I was there, so

it was financially very draining." The truth of the situation dawned on her while helping her first husband, Peter Horton, research a film in which he'd been cast about the Moonies. "We were talking with an ex-Moonie and he was describing the psychological manipulation and I just clicked," she says. "I was in one." She doesn't specify how she got out, though.



Yoko Ono

Yoko and Paul let their long-time beef be

Relations between Yoko Ono and Paul McCartney seem to have finally thawed, with McCartney telling Rolling Stone recently that he gets along fine with John Len-

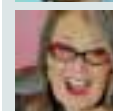
non's widow. Ono tells the Associated Press that it was good to hear and that she's "thankful" for his kind words. "He's a rocker," she says.

Twitter



@josswhedon

If I could do karate I probably would



@TheRealRoseanne

the devil is strong in this world-



@RebelWilson

I got HEAPS OF paper cuts today opening up a package of bathroom supplies. Such is life.

Even gods need to feel the burn

Workout. As Chris Hemsworth reprises his role in Thor: The Dark World, we speak to his personal trainer, Michael Knight, about how he stays fit

ROMINA
MCGUINNESS
life@metronews.ca

"Once you get an actor to their desired shape, the tricky part is keeping them there — a lot of people tend to slack off," says Michael Knight, who's been training with Chris Hemsworth on and off for years.

Yeah, even the star of the new film Thor: The Dark World has a hard time maintaining that Viking god bod.

"Chris is in and out of movies, so the hardest part for me is making him lose weight quickly, and then getting him to put it back on without his body looking like hell," says Knight.

Hemsworth lost 30 pounds to play an F1 driver in Rush, and then had to put it right back on in time for Thor.

"So I always try and simulate that same workout in order to maintain his body shape in the long-term."

The maintenance workout designed by Knight specifically for Hemsworth revolves around three 20-minute sessions, which he does up to five times a week.

"My system is effective, and means you don't have to go out and do things that are going to tear up your body — like too much running or heavy weights," Knight said.



The workout has clearly paid off. WALT DISNEY

"The workout starts off slow and finishes with a fury. On some days, you're going into the time under tension method, which is where you're using really heavy weights to tire your core and kettle bells. On other days, you might be doing double kettle bells, or working with a heavy tire, and finishing with a cardio blast."

The Chris Hemsworth maintenance workout

If, like Hemsworth, you're already in shape, then this

workout is going to keep your body strong. And it's all about big lifts.

"The idea is that you continually rotate body parts: so, one day you work your chest, the next day your back, then your shoulders, and then you go back to your chest, and so on. But you'll always be working the hips and the legs — they're the largest muscles in the body, and unless they get stronger, nothing else can," says Knight.

You're sometimes going to hit the same part twice in that week, sometimes once, but you're always going to start fresh again on Monday.

The workout is complicated, and unless you're thinking of auditioning for Thor

What's on Thor's plate?

When it comes to food, you need structure. Knight recommends you keep your diet clean by sticking to complex carbs, lean protein and healthy fats.

- **The protein.** Chicken, fish, plant-based protein powder, whole eggs.
- **The carbs.** Oatmeal, green vegetables, brown rice, sweet potato and very little fruit.
- **The fat.** Grass fed butter, coconut oil, avocado.

3, you don't need to go into so much detail. Here's the dummy version of the Chris Hemsworth maintenance workout.

Monday

Chest day

You'll have rested on the Sunday, so today is a big barbell day. Your body is going to be torched.

Workout highlights

Barbell squats and barbell bench presses followed by double kettlebell front squats and inclined dumbbell presses.

Tuesday

Back day

You're going to be a little tired and sore from Monday. You want a total body workout that's intense, but not so hard it's going to crush your body.

Workout highlights

An active warm-up of one-legged dead lifts, followed by back weighted pull-ups, and double kettlebell circuits to work the hips and the core.

Wednesday

Day off

Thursday

Shoulder day

This is a big day as you're coming off from recovery. Go back to your barbells.

Workout highlights

An active warm-up of dead lifts and strong man log presses followed by light squats and thrusters. Finish with ropes gone wild.

Friday

Chest day

100 per cent dumbbell day. Give it a quick pump.

Workout highlights

Inclined dumbbell presses with squats, followed by push up circuits and kettlebell snatch.

Saturday

Back day

This is a "show me what you've got left" day.

Workout highlights

Unweighted pull-ups, dead lift heaven balls and a metabolic cardio circuit, followed by jump ropes.

Sunday

Day off.

3 T H E E

There isn't two O's in the word Mom?

Tattoo mistakes. Think Before You Ink campaign raising awareness about the number of tattoos with errors in them

KIERON
MONKS
Metro World News

Whether declaring love for the wrong person, or announcing a medical condition rather than a profound phil-

osophy, an epidemic of tattoo mistakes are horrifying the body art community.

The worst type is foreign-language messages, for which over 60 per cent carry errors, according to translator and interpreter Sharon Stephens, who has set up Think Before You Ink, a campaign designed to avoid such awkwardness.

Was it an especially disgusting tattoo that encouraged you to launch the service?

Numerous really; there is huge demand for foreign language tattoos and I have

seen some nightmares.

I thought there needed to be a service that allowed people to check and make cancellations, as there was nothing before.

What are the most common or worst mistakes?

Chinese seems to be the main one. There was one man who thought he had "prosperity" but it was "diarrhea," another wanted "love and charity" but got "sweet and sour chicken."

Since the campaign began people have approached

us with more errors. David Beckham got his wife's name wrong in Sanskrit, and one man annoyed a Chinese tattooist, who wrote "cheap-skate" on his arm.

Interesting. So are the artists to blame?

They know what they are putting on, but people need to be aware that literal translations are often totally wrong so they need to be clear on the meaning. One artist told me he would always get a local Chinese restaurant to do translations.



David Beckham is no stranger to tattoos, but he got his wife's name wrong here in Sanskrit. LINTAO ZHANG/GETTY IMAGES

Eggplant gets fried and spiced and everything nice

1. Heat the oven to 350 F. Sprinkle the eggplant slices lightly on both sides with salt. Transfer to a large colander, then set in the sink and let drain for 15 minutes.

2. Meanwhile, in bowl combine the flour, cumin, paprika and cayenne. In a second bowl, whisk egg and water. In third bowl, place the bread crumbs.

3. Pat eggplant slices dry. One at a time, dip each slice first in flour, shaking off excess, then the egg, letting the excess liquid drip off, then the bread crumbs, knocking off the excess crumbs (they will clump).

4. In skillet over high, heat 1 1/2 tablespoons of oil. Add eggplant slices, reduce heat to medium and cook until golden, about 2 minutes. Flip slices, add remaining tablespoon of olive oil and cook until golden on the second side, about 2 minutes.

5. Transfer the slices to a sheet

Fried Spiced Eggplant with Cucumber-Garlic Sauce



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

pan. Bake on the oven's middle shelf until the slices are tender, about 15 minutes.

6. While the eggplant is bak-

ing, grate the cucumber on the coarse side of a grater. In a small bowl, combine the grated cucumber with the yogurt, garlic and a bit of salt.

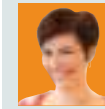
Ingredients

- 1 small eggplant (1/2 pound and about 2 inches wide), cut crosswise into 1/3-inch-thick slices
- Kosher salt
- 2 tbsp all-purpose flour
- 1 tsp ground cumin
- 1 tsp smoked paprika
- 1/4 to 1/2 tsp cayenne
- 1 large egg
- 1 tbsp water
- 1 cup panko bread crumbs
- 2 1/2 tbsp extra-virgin olive oil, divided
- 2-inch piece seedless cucumber
- 1/2 cup fat-free plain Greek yogurt
- 1 small clove garlic, minced

7. To serve, transfer the eggplant slices to a platter and top each with a generous spoonful of the yogurt sauce. Sprinkle with parsley. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Health Solutions

Eggy truth



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

You know by now that the whole eggs are bad for your cholesterol thing is a myth. Except for extreme cases, an egg a day is perfectly healthy and it brings with it omega 3 fat, protein and brain protecting choline.

These days, though, you can spread your wings and try more than the run of the mill hen variety. Check these out:

• Lisa Hill of Pheasant Hill Farm in Owen Sound, Ont. raises pheasant, guinea fowl, partridge and duck eggs. All of her birds can "dust bath, chase and eat bugs, scratch in the gardens, spread their wings out in the sunshine or fly up and

perch in a tree," which provides them a broader variety of nutrients. You have to find her or another farmer like her at their farm gate or farmers market, though.

• Quail eggs are tiny, pretty additions to any dish and they are said to be more concentrated in nutrients. Likely a poor and expensive choice for an omelet but chefs suggest their use as a garnish.

• Duck eggs are more widely available, richer and bigger versions of the chicken egg. Found in specialty shops, Asian markets or high end grocers, these large, oily yolked options will make the best fried egg sandwich any brunch can muster.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MY-FRIENDINFOOD.COM



Side. Sesame Kale Salad



When it comes to leafy greens, kale is king. It boasts more vitamin C than an orange, more calcium than milk and more iron per calorie than beef.

There is one problem with raw kale — it's tough. You can tenderize it by cutting it into thin shreds or, oddly enough, massaging it. Kale is the punching bag of the greens world. You need to beat it into submission if you're going to eat it raw.

You also need to remove the stems. The easiest way to do this is with a paring knife. One at a time, fold the leaves in half and lay it flat on the cutting surface. Use the knife to slice down along the side of the stem.

1. In a large bowl, whisk together the garlic, sesame oil, vegetable oil, vinegar and soy sauce. Add the kale and mas-

sage it with your hands for 2 to 3 minutes, or until it has become shiny and a little translucent and reduced in volume by one third to one half. Sprinkle with the sesame seeds, then season with salt and pepper. Toss well. **THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.**

Ingredients

- 1 small clove garlic, minced
- 2 1/2 tsp toasted sesame oil
- 1 1/2 tbsp vegetable oil
- 3 tbsp rice vinegar
- 2 tbsp low-sodium soy sauce
- 10 cups packed chopped kale leaves, stems removed
- 2 tbsp toasted sesame seeds
- Kosher salt and black pepper

Harvest Soup With Walnuts & Pesto is fall in a bowl, naturally

1. Heat oven to 220 C (425 F). On rimmed baking sheet, place carrots, parsnips, leek, onion, pear and thyme. Drizzle evenly

Ingredients

- 500 g (1 lb) carrots, peeled and chopped
- 500 g (1 lb) parsnips, peeled and chopped
- 1 large leek, white and light green parts only, chopped
- 1 large onion, chopped
- 1 large ripe pear, peeled, cored and quartered
- 3 sprigs fresh thyme
- 90 ml (6 tbsp) extra-virgin olive oil, divided
- 7 ml (1 1/2 tsp) salt, divided
- 2 ml (1/2 tsp) freshly ground black pepper, divided
- 4 slices Italian bread, each 2 cm (3/4 inch) thick, cut in cubes
- 125 ml (1/2 cup) crumbled goat cheese
- 75 ml (1/3 cup) prepared pesto
- 2 cartons (each 900 ml) prepared vegetable broth
- 50 ml (1/4 cup) 35 per cent whipping cream
- handful of walnuts



This recipe makes enough for 10 entree-sized portions. THE CANADIAN PRESS

with 45 ml (3 tbsp) of olive oil. Sprinkle with 1 ml (1/4 tsp) each of salt and pepper. Using hands, toss to combine. Roast 50 minutes, turning twice, or until softened and golden brown.

2. Meanwhile, in frying pan, heat remaining 45 ml (3 tbsp) olive oil over medium heat. Working in batches, fry bread cubes, turning often, for about 2 minutes, or until golden brown all over; transfer to a

bowl and set aside.

3. In bowl, gently stir goat cheese and 45 ml (3 tbsp) of the pesto until combined; set aside.

4. Place half of roasted vegetables in a blender. Pour in 500 ml (2 cups) of the broth. Purée until smooth. Transfer to a large saucepan. Repeat with remaining roasted vegetables, 250 ml (1 cup) water and 400 ml (1 2/3 cups) vegetable broth.

5. Heat soup over medium-high. Stir in remaining carton of vegetable broth, remaining pesto and remaining 6 ml (1 1/4 tsp) salt and 1 ml (1/4 tsp) pepper. Bring to boil; reduce heat and simmer uncovered for 15 minutes. Stir in cream.

6. To serve the soup, garnish with croutons, goat cheese mix and walnuts. **THE CANADIAN PRESS/ PRESIDENT'S CHOICE TEST KITCHEN CHEFS**



Maybe CarrotDating.com is behind this odd couple? ISTOCK

Hey baby, wanna earn some flowers tonight?

CarrotDating.com. Brandon Wade's newest app — which lets users bribe their way to a date — has stirred up controversy

MICHELLE CASTILLO
Metro World News

MIT grad Brandon Wade — king of controversial dating apps — has a new one stirring up controversy: Carrot Dating. CarrotDating.com allows men and women to offer incentives — called “bribes” — to one another in order to snag a date. While some incentives are as innocent as flowers or dinner, others include a big trip or plastic surgery.

This comes on the heels of Wade's other ventures, sites

like SeekingArrangement.com and WhatsYourPrice.com, which hooked up rich men with willing women. Wade insists this isn't prostitution, nor sexist. In fact, 25 per cent of the bribes are initiated by women, he claims. We asked him more about the slippery slope.

So Carrot Dating is...?

Carrot Dating really is bribing somebody for a date. I think when you look at most of my other dating websites, they were founded primarily from my mother's advice because I was really shy and sort of awkward. My mom saw that, and she basically told me to focus on my school. She said, “Some day when you're successful, you'll be generous and turn those around, when it comes to the dating game.” Until I graduated, I was still struggling and still had the constant fear of rejection. I would never walk up to woman and use a pick up line. It's not my thing.

What you call generosity could be confused with prostitution. Do you agree?

How does generosity equal prostitution? That's a really long stretch! Prostitution is literally paying for sex. In this case, sex cannot be expected. It's something people obviously aspire to, especially on a dating site — they look for someone they share chemistry with. When you look at Carrot Dating, when you look at the most popular types of offers that people have been offering and accepting — the first one being flowers, the second one being dinners — that's what people do nowadays anyway. He usually buys her dinner or flowers. And that's certainly not prostitution.

So why are critics calling the site misogynistic?

(Laughs) Maybe because we called it bribes, as opposed to incentives. Even incentives would be a little bit edgy.

I think if we had called it something else, maybe something a little bit less playful or controversial, it wouldn't have caused as much of an uproar.

Have you ever used any of your websites?

I created Seeking Arrangement because I was just so frustrated with dating. I created that for myself. I was a user; had the very first profile on there.

I know you're in a relationship right now.

Yes, I met my wife about three years ago. We tied the knot about two years ago.

Did you meet her through a dating website or traditionally?

Traditional, I guess. She applied for a job, and we hired her, and I was working with her, and we kind of started dating and we fell in love and that's kind of the story. In a way, it was because of the websites that I built.

Online dating woes? Call in profile cavalry

eFlirt. Author of online dating book Laurie Davis founded a consultancy site for those seeking help with the all-important profile

VICKI SALEMI
Metro World News in NYC

A mix of hills there a ghost behind your online date? Having trouble clicking your

way to love? If writing exciting copy for your online dating profile makes you wince, you're not alone.

Just ask Laurie Davis, author of *Love @ First Click: The Ultimate Guide to Online Dating* and founder of eFlirt Expert, an online dating consultancy firm. Online daters enlist her help with writing a profile, messaging, online dating management and relationship coaching. She says eFlirt is responsible for 19 marriages and counting.

Davis says that “singles have a challenging time writing about themselves. This is generally true regardless of profession.” Davis says people are often surprised that eFlirt's clients include authors, journalists and even marketers.

Depending on which package her clients — who range in age from 19 to 70 — enroll in, they are connected with certified coaches. The coaches help them with services like a one-time profile critique or even monthly

subscription packages to help them learn the ropes of dating online with some extra help.

The eFlirt consultants — all of whom have degrees in English, journalism or communications — follow a course instruction, which was inspired by yoga teacher training, with classroom time, practical work and an exam. “Yes, it's a real exam!” she promises. This encompasses multiple-choice questions, fill-in-the-blanks and practical portions like

completing a profile from scratch.

Despite so many clients concerned about copy, profile photos also often need a little help. “Ultimately, without great photos you'll have a tough time attracting the right type of match,” Davis points out. According to Charles J. Orlando, relationship expert and author of *The Problem with Women ... is Men* book series, there's really nothing wrong with relying on others, whether it's a

professional or a friend, to weigh in on your photos and profile.

Orlando says that profiles are “just an introduction,” and that just like of-line dating, people “reveal who they are slowly, over time.”

So, if you aren't a great writer, he says it might be useful to consult a writing service, but adds that eventually you'll be face-to-face with someone. “Pulling out your best attributes is great ... but you'll need to be real.”



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Research the kind of jobs posted by various temp agencies, and if a number of them match your skill set, contact the agency to ask about setting up an interview with a recruiter. ISTOCK

Why the temp life may be right up your alley

Employment. Makeshift work has a bad rap, but it can prove useful for a variety of job seekers



YOUR MONEY
Alison Griffiths
money@metronews.ca

Does any of the following describe you?

- Self-employed with some hours to spare.
- A stay-at-home parent not ready for a full-time job.
- A young worker with skills but little experience.
- In-between permanent jobs.
- A retiree still eager to work.

If one of these profiles fits, then you might be perfect for the temp world. "Temporary work is also a good fit for any-

one looking to gain additional experience and skills or obtain experience in a new field," says Shari Angle, Toronto-based vice president with Adecco, Canada's largest temporary recruitment agency.

There are temp agencies specializing in every industry and skill set from labourers to scientists. Not surprisingly, demand is tied to the economy.

"The temporary staffing market across Canada has fall seasonal demand in the areas of distribution, logistics, and warehousing which specifically drive temporary hiring in geographic areas near airports and ports of entry," points out Angle.

Wherever there is a strong economy and low unemployment, such as in Saskatchewan and Alberta right now, the availability of temp positions rises.

In Wild Rose country, for instance, there's a strong need for workers in a many areas

The upside of temping

"I've had great assignments and lousy ones. But I always know they will come to an end."

Calgary computer programmer Terri McGinnis

that support the oil and gas industry.

Temp workers can also be in demand during a poor economy because employers are reluctant to hire full time staff.

Temp work can lead into a career. Dawn Johnson, for example, took a handful of placements as a health-care accountant.

Her most recent assignment lasted 18 months and then turned into a full-time job in Columbus, Ohio.

For some, the appeal of temp work is that it's, well, temporary. Calgary computer programmer Terri McGinnis travels with her husband on his contracts around the world

as a forestry consultant. "I've had great assignments and lousy ones," she laughs, "but I always know they will come to an end."

As with seeking any kind of work, the best place to start is a well-crafted resume and reference letters. Angle stresses that people should research the kind of jobs posted by various agencies. If a number match your skill set, contact the agency directly to inquire about an interview with a recruiter.

The first few positions can take a bit of time, but once you've established yourself as a reliable employee, an agency will be eager to keep you busy.



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NFL

Teammate accused of racism, bullying

Two people familiar with the situation say suspended Miami Dolphins guard Richie Incognito sent text messages to teammate Jonathan Martin that were racist and threatening.

The team and NFL continued their investigation into allegations by Martin's representatives that he was bullied. The NFL Players Association also planned to look into the matter.

THE ASSOCIATED PRESS

NFL

Kubiak kept under observation

Texans coach Gary Kubiak will remain in hospital until at least Tuesday after collapsing on the field at halftime of Houston's 27-24 loss to Indianapolis.

The team said the 52-year-old Kubiak experienced "dizziness and a light-headed feeling" during Sunday night's game before being taken by ambulance to a hospital.

THE ASSOCIATED PRESS



Gary Kubiak GETTY IMAGES

Correction

The London Lightning face the Ottawa Skyhawks at 7 p.m. Saturday at Budweiser Gardens. Information was incorrect on page 17 of Monday's edition.



Maple Leafs James van Riemsdyk, left, David Clarkson, Joffrey Lupul, Phil Kessel and Nazem Kadri take part in a skating drill on Monday in Toronto. Van Riemsdyk, Lupul and Kessel skated on a line together at practice. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

Leafs could look to JVR to fill hole in middle

NHL. Centre Bolland out indefinitely after surgery to repair severed tendon

The Toronto Maple Leafs don't know when Dave Bolland will be back, so now they must plan for life without him.

Bolland is out indefinitely after having surgery to repair a severed tendon on the outside of his left ankle. Coach Randy Carlyle said the team doesn't have a time frame on his recovery after being cut

by Canucks forward Zack Kassian's skate Saturday night.

"It's too early to say," Carlyle said Monday. "(Doctors) don't really give you that. They can say that it's five months and then we hope it's two. We don't really know until the healing process starts and they do an assessment and then we'll get more tightened in on the time frame."

Bolland's injury comes at a bad time for the Leafs, who are also without No. 1 centre Tyler Bozak, who's dealing with a hamstring injury. Carlyle said there's no time frame on Bozak's return.

Lost production

10

Before his injury, Dave Bolland was enjoying an impressive offensive output with six goals and four assists for 10 points in 15 games. He had seven goals and seven assists in 35 games last season for the Stanley Cup-champion Chicago Blackhawks.

With Bolland and Bozak out, the Leafs could experiment with James van Riemsdyk at centre. The 24-year-old played down the middle at the University of New Hampshire but has been

used primarily on left-wing since he was drafted by the Philadelphia Flyers in 2007 and since the Leafs acquired him in the summer of 2012.

Carlyle said it "doesn't take rocket science" to consider van Riemsdyk at centre given his university experience there. Van Riemsdyk skated with Joffrey Lupul and Phil Kessel during Monday's practice at Air Canada Centre.

The Leafs don't play again until hosting the New Jersey Devils on Friday to start a stretch of five games in nine days.

THE CANADIAN PRESS

NFL. Bills set to have pair of QBs return to practice

The Buffalo Bills are starting to get their injured quarterbacks back.

And it is giving coach Doug Marrone more options to improve the Bills' offence.

A day after watching undrafted rookie Jeff Tuel throw two interceptions in a 23-13 loss to the Kansas City Chiefs, Marrone on Monday was preparing to welcome back his two most experienced QBs to practice.

Rookie first-round pick EJ Manuel is cleared to play

Caution in Buffalo

"We're not putting a player out there that can jeopardize himself."

Bills head coach Doug Marrone, on bringing quarterback EJ Manuel back into action.

after missing four weeks with a sprained right knee. And Thad Lewis will be back after missing one game with bruised ribs.

THE ASSOCIATED PRESS

CFL

Hervey hands Reed his walking papers

Saying the Edmonton Eskimos are at a critical stage for their future, general manager Ed Hervey fired coach Kavis Reed Monday, saying he will bring in a man more like himself.

"I have confidence this decision will give our club its best opportunity to compete at a high level heading into the 2014 season," Hervey said hours after he informed Reed he was gone after three years as head coach. THE CANADIAN PRESS

NHL. Habs' Briere begins return from head injury

Montreal Canadiens forward Daniel Briere no longer has concussion symptoms and has resumed skating.

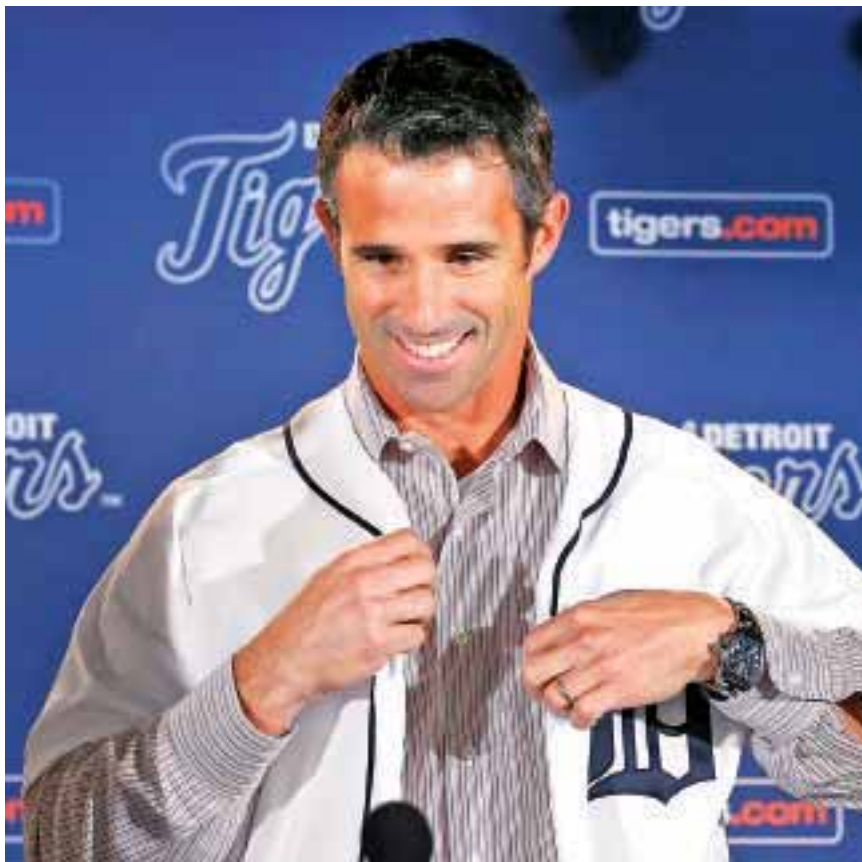
Coach Michel Therrien says Briere skated Monday at the team's practice facility along with forward Brandon Prust, who has been out with a shoulder injury.

Briere sustained a concussion Oct. 19 after a hit by Nashville's Eric Nystrom and has not played since.

THE CANADIAN PRESS



Daniel Briere has returned to Canadiens practice after suffering a concussion on Oct. 19. GETTY IMAGES



Brad Ausmus was introduced as the Tigers' new manager in Detroit on Sunday. Ausmus replaces Jim Leyland, who stepped down as manager. PAUL SANCYA/THE ASSOCIATED PRESS

New manager expected 'to help us win right now'

MLB. Tigers skip conventional wisdom in hiring of Ausmus

Dave Dombrowski has never been a predictable general manager.

Whether he's trading fan favourite Curtis Granderson or coming out of nowhere to sign Prince Fielder, Dombrowski is willing to buck convention every once in a while.

So maybe it wasn't all that surprising that Dombrowski hired Brad Ausmus over the weekend to manage the Detroit Tigers. Ausmus faces immediate pressure, taking over a team with high expectations after eight years under Jim Leyland, but his lack of

Young skips

Other former players hired recently with little managerial experience include:

- **Mike Matheny** of the St. Louis Cardinals.
- **Robin Ventura** of the Chicago White Sox.
- **Walt Weiss** of the Colorado Rockies.

managerial experience didn't deter Dombrowski.

"I think he has a chance to be a very good big-league manager for a long time — and to help us win right now," Dombrowski said.

It's no shock that Ausmus is managing in the big

leagues. His name also surfaced in connection with the Chicago Cubs' opening, and the Dartmouth-educated former catcher has been working in the front office with the San Diego Padres.

Ausmus managed Israel's team for the World Baseball Classic, but his main experience in the dugout still stems from his playing career. It's certainly a break from the more traditional path in which a manager might serve as a coach or minor-league manager for a while before being hired to run a major-league team.

"There's parts of having an 18-year career that would be more beneficial for you than spending a year or two managing at the minor-league level," Dombrowski said.

THE ASSOCIATED PRESS

Mascot mauled

When musical chairs goes bad

Vancouver Island marmots are an endangered and protected species but the mascot for the Western Hockey League Victoria Royals has just discovered that the oversized squirrel's immunity from violence does not extend to team mascots.

Marty the Marmot, the Royals' team mascot, is recovering after his antics earned him a body slam on the ice during a Royals home game on Saturday night.

Marty was leading the second-period intermission entertainment as selected fans were invited onto the ice for a game of musical chairs, but the competition turned nasty when Marty playfully interfered with one of the contestants.

That man was eliminated after failing to grab a chair and he responded by turning on the mascot, lifting the faux rodent up and hurling him onto ice where Marty lay unmoving for several seconds before a staff member came to his aid and a chorus of boos chased the man from the ice. THE CANADIAN PRESS

MLB. Red Sox extend qualifying offers to key players from title run

Boston Red Sox manager John Farrell would like to keep the World Series champions together for another run at a title. And yet he knows that's unlikely to happen.

"That was felt when we got off the duck boats, knowing this was one last chance to celebrate with a million people in the city," Farrell said Monday, two days after the team's victory parade and hours before the deadline to make qualifying offers to four free agents who were key to the team's title. "Hopefully we'll be able to retain all of them. The reality is that might not work out."

One year after a mid-season and off-season overhaul that turned a last-place team into World Series champs, the Red Sox began building for 2014 on Monday by making \$14.1-million qualifying offers to free agents Jacoby Ellsbury, Mike Napoli and Stephen Drew. General manager Ben Cherington said the team decided not to make an offer to Jarrod Saltalamacchia, though he would like to re-sign the catcher.

"There's interest in every one of them," Cherington said. "I also think it's unlikely that every one of them will be back.



The Red Sox have made a \$14.1-million qualifying offer to Mike Napoli. JIM ROGASH/GETTY IMAGES

"We're going to keep the conversation going with all of them, and also with alternatives, and see where the market shapes up. In a vacuum we'd like to have all of them back."

The Red Sox declined to make qualifying offers to infielder John McDonald and reliever Joel Hanrahan, who were not on the World Series roster. Also Monday, the team said outfielder Quintin Berry and infielder Brandon Snyder were sent outright to Triple-A Pawtucket and became free agents. THE ASSOCIATED PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	14	10	4	0	47	35	20
Toronto	15	10	5	0	48	36	20
Detroit	15	9	4	2	38	37	20
Boston	13	8	5	0	36	25	16
Montreal	15	8	7	0	41	31	16
Ottawa	14	4	6	4	42	47	12
Florida	14	3	8	3	28	49	9
Buffalo	16	2	13	1	26	49	5

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Pittsburgh	15	11	4	0	48	33	22
NY Islanders	14	6	5	3	45	44	15
Washington	14	7	7	0	44	40	14
NY Rangers	13	6	7	0	25	38	12
Carolina	14	4	7	3	27	44	11
Columbus	13	5	8	0	33	36	10
New Jersey	14	3	7	4	26	42	10
Philadelphia	13	4	9	0	21	37	8

Monday's results

Anaheim at NY Rangers

Detroit at Winnipeg

Sunday's results

Dallas 4 Ottawa 3 (SO)

Calgary 3 Chicago 2 (OT)

Minnesota 4 New Jersey 0

Tuesday's games

All Times Eastern

Dallas at Boston, 7 p.m.

Ottawa at Columbus, 7 p.m.

NY Islanders at Washington, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Colorado	13	12	1	0	42	19	24
Chicago	15	9	2	4	52	42	22
Minnesota	15	8	4	3	38	34	19
St. Louis	12	8	2	2	44	29	18
Nashville	14	7	5	2	31	40	16
Dallas	14	6	6	2	37	42	14
Winnipeg	15	5	8	2	35	45	12

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
San Jose	14	10	1	3	53	27	23
Anaheim	15	11	3	1	50	39	23
Phoenix	15	10	3	2	51	46	22
Vancouver	16	10	5	1	46	41	21
Los Angeles	15	9	6	0	43	40	18
Calgary	14	6	6	2	42	49	14
Edmonton	15	3	10	2	36	59	8

Note: Two points for a win, one point for overtime loss.

Edmonton at Florida, 7:30 p.m.

St. Louis at Montreal, 7:30 p.m.

Philadelphia at Carolina, 7:30 p.m.

Calgary at Minnesota, 8 p.m.

Vancouver at Phoenix, 9 p.m.

Buffalo at San Jose, 10:30 p.m.

Wednesday's games

Pittsburgh at NY Rangers, 7:30 p.m.

Winnipeg at Chicago, 8 p.m.

Nashville at Colorado, 9:30 p.m.

Phoenix at Anaheim, 10 p.m.

MLS PLAYOFFS

All Times Eastern

CONFERENCE SEMIFINALS (two-game, total-goals series)

EASTERN CONFERENCE

New York vs. Houston

Sunday's result — New York 2 Houston 2

Wednesday — Houston at New York, 8 p.m.

Kansas City vs. New England

Saturday's result — N.England 2 Kansas City 1

Wednesday — New England at K.C., 9 p.m.

WESTERN CONFERENCE

Portland vs. Seattle

Saturday's result — Portland 2 Seattle 1

Thursday — Seattle at Portland, 11 p.m.

Salt Lake vs. Los Angeles

Sunday's result — Los Angeles 1 Salt Lake 0

Thursday — Los Angeles at Salt Lake, 9 p.m.

NFL

WEEK NINE

Monday's result

Chicago at Green Bay

Sunday's results

Carolina 34 Atlanta 10

Cleveland 24 Baltimore 18

Dallas 27 Minnesota 23

Indianapolis 27 Houston 24

Kansas City 23 Buffalo 13

New England 55 Pittsburgh 31

N.Y. Jets 26 New Orleans 20

Philadelphia 49 Oakland 20

Seattle 27 Tampa Bay 24

Tennessee 28 St. Louis 21

Washington 30 San Diego 24

Thursday's result

Miami 22 Cincinnati 20 (OT)

CFL

PLAYOFFS

DIVISION SEMIFINALS

EAST

Montreal vs. Hamilton (at Guelph, Ont.), 1 p.m.

WEST

B.C. at Saskatchewan, 4:30 p.m.

DIVISION FINALS

Sunday, Nov. 17

EAST

Hamilton-Montreal winner at Toronto, 1 p.m.

WEST

Saskatchewan-B.C. winner at Calgary, 4:30 p.m.

NBA

Monday's games

Golden State at Philadelphia, 7 p.m.

Minnesota at Cleveland, 7 p.m.

Boston at Memphis, 8 p.m.

Houston at L.A. Clippers, 10:30 p.m.

Sunday's results

Detroit 87 Boston 77

Orlando 107 Brooklyn 86

Miami 103 Washington 93

Oklahoma City 103 Phoenix 96

Minnesota 109 New York 100

L.A. Lakers 105 Atlanta 103

Tuesday's games

Miami at Toronto, 7 p.m.

Utah at Brooklyn, 7:30 p.m.

Charlotte at New York, 7:30 p.m.

Indiana at Detroit, 7:30 p.m.

Phoenix at New Orleans, 8 p.m.

L.A. Lakers at Dallas, 8:30 p.m.

San Antonio at Denver, 9 p.m.

Atlanta at Sacramento, 10 p.m.

Houston at Portland, 10 p.m.

Wednesday's games

L.A. Clippers at Orlando, 7 p.m.

Washington at Philadelphia, 7 p.m.

Toronto at Charlotte, 7 p.m.

Chicago at Indiana, 7 p.m.

Utah at Boston, 7:30 p.m.

Golden State at Minnesota, 8 p.m.

Cleveland at Milwaukee, 8 p.m.

New Orleans at Memphis, 8 p.m.

Phoenix at San Antonio, 8:30 p.m.

Dallas at Oklahoma City, 9:30 p.m.

Horoscopes

Aries

March 21 - April 20

Try not to be too aggressive when dealing with people at work. In fact, with Venus, planet of harmony, moving into the career area of your chart today, you should go out of your way to be nice.

Taurus

April 21 - May 21

Something you say today will have far-reaching consequences, so be on your best behaviour. Everything you put out into the world sooner or later comes back to you.

Gemini

May 22 - June 21

You may feel you are being treated unfairly but complaining about it is unlikely to change the situation. Act as if you are completely unaffected by what other people say.

Cancer

June 22 - July 23

Someone you meet today will tick all the right boxes. You will get along as if you've known each other for a lifetime. It's going to be a beautiful new friendship and, who knows, it may even be love.

Leo

July 24 - Aug. 23

Don't push yourself hard today. Whatever tasks you have, there is no need to rush. This is one of those days when the world must, and will, wait for you.

Virgo

Aug. 24 - Sept. 23

There are times when you should hold out for the best possible deal and there are times when you should compromise and this is one of the latter. Don't forget that profit is not the only thing to measure relationships by.

Libra

Sept. 24 - Oct. 23

Today's positive cosmic influences will help you get your point of view across but don't forget that your view is one of many. There is plenty of room in this big, wide world for all shades of opinion.

Scorpio

Oct. 24 - Nov. 22

Keep your ears open today and, if you hear a distant rumble, get yourself to higher ground as quickly as you can. There is some kind of upheaval coming and you don't want to be in the way when it arrives.

Sagittarius

Nov. 23 - Dec. 21

You may have failed but that does not mean you are a failure. Smart people realize that failure is a brick in the wall of success. The more bricks you have, the higher you can build your dream.

Capricorn

Dec. 22 - Jan. 20

You may feel assertive today but don't push people around you too hard because you are likely to spark some sort of rebellion. Always see partners as human beings, not mere cogs in your grand design.

Aquarius

Jan. 21 - Feb. 19

If someone gives you a hard time over the next 24 hours, you should smile and let them see it does not bother you. They will go and find someone who is easier to annoy.

Pisces

Feb. 20 - March 20

Stop worrying about things that might go wrong. It's not about what you can and cannot do, it's about your attitude to life in general. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

- Mil. force that protected the Allies from U-boats in the North Atlantic during WWII
- Junk
- Law
- Lightbulb moments!
- ___ donna
- Characters' selves
- Mr. Julia
- On-a-field sport
- Bouncy-less hair
- Typos
- ___ Fitness (Canadian health clubs chain)
- Saskatchewan's CFL team nickname
- Liberace's nickname
- Plus...
- ___ tape
- Barely believe
- Wading bird
- Rupture
- Killer whales
- Cul-de-___
- Choreographer, Bob ___
- Count on
- The pair
- Skilled at crafts
- Someone from Juneau's state
- "Ha! See ___ care."
- Actor Mr. Avery
- Manitoba: Landscape features in Wapusk National Park: 2 wds.
- Calgary-Edmonton



- (Alberta region)
- Patrick J. ___ (Questions remain over his conviction/execution for the 1868 assassination of Father of Confederation, Thomas D'Arcy McGee)
- Sore spot, slangily
- Ruin

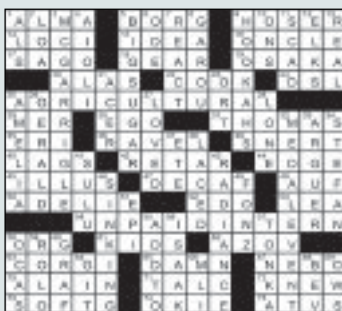
- Julia Roberts' actress niece
- Created
- Topic
- Li'l thermometer reading
- ___-a-porter
- Sniffers
- '___' in Cornwall

- More pink, as steak
- "Cuchi-cuchi"-saying songstress
- South Pacific island country
- Twisted ankle injury
- Grand ___ (Wine classification)
- 1973: Billie Jean King's famous tennis

- opponent Bobby
- Podium
- "Eyes of a Stranger" band from Vancouver
- Arcade Fire's latest album
- Certain citrus
- Bread's shape
- Renaissance family name

- Smelting waste
- "___ a wrap!"
- ___ Plaines, Illinois
- 2005 Justin Timberlake movie
- Canadian Hip-Hop artist, ___ Mee
- 'Luck' suffix (Most fortunate)
- Northern BC's ___ River
- Stone hue
- "___ the Explorer"
- Mr. Hershiser
- Univ. in The States
- Thoroughfare-of-finance in Toronto: 2 wds.
- Crickets club
- Country's Ms. Hill
- ___ Family (Acting brothers)
- Garden pond fish
- November 5th: Guy ___ Day
- The ___ (Journalists as a group)
- Turn ___ red (Get embarrassed)
- Person of ancient Mexico
- Sci-Fi weapon, ___ ray gun
- Breaks branches
- Free pass, commonly
- Man ___ (Legendary racehorse)
- Drive
- "...___ it seems." (That's how things look)
- Acting aids, ___ cards

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	2	5	7	6	8	9	3
5	6	9	3	4	8	2	7	1
8	3	7	2	1	9	4	6	5
9	5	8	6	3	2	1	4	7
4	7	6	1	8	5	9	3	2
2	1	3	7	9	4	5	8	6
6	2	4	9	5	7	3	1	8
3	8	5	4	6	1	7	2	9
7	9	1	8	2	3	6	5	4

2		9	3					5
			6	8		2		
1					4			
6							9	3
4		5				8		2
3	7							1
			9					8
		2		1	7			
	1				3	7		6

Today

13°/8°

Partly cloudy

Wednesday

12°/3°

Rain

90%

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